

11 ORIGINAL RESEARCH

Leadership Traits and Self-Esteem of Selected Martial Arts Practitioners in the University of Santo Tomas

Stewen R. Jain, Jan Michael Ezekiel E. Jaucian,
Zachary T. Huang, Michael David T. Lopez
University of Santo Tomas, Philippines

Keywords: leadership traits, self-esteem, martial arts, college students

ABSTRACT

Introduction: Martial arts come in different forms around the world. Each martial arts discipline strives for mastery of both the physical and the psychological. People decide to join these disciplines to enhance their self-defense capabilities, cater to their interests, and pursue their passions. However, some people have a distorted mindset of martial arts because of how it is portrayed in media (Stickney, 2005). Quite a lot even perceive martial arts as promoting violence (Renata et al., 2016). Despite these negative perceptions, several studies emphasize the fact that engagement in martial arts had a positive effect on leadership skills, self-esteem, and confidence (Richman & Rehberg, 1986).

Purpose: This study aims to determine the specific leadership traits (idealized influence, inspirational motivation, intellectual stimulation, individualized consideration, contingent reward, management by exception, and laissez-faire) and the levels of self-esteem of selected collegiate martial arts practitioners in the University of Santo Tomas. The study also intends to determine if there is a significant relationship between these two variables (specific leadership traits and self-esteem).

Methods: This quantitative study used the snowball method to recruit participants. There were a total of 60 UST college students who participated in this study, 46 of them are males and 14 are females. They come from different martial arts disciplines such as arnis, judo, karate, muay thai, and taekwondo. The instruments used in this study were the Self-Esteem Inventory (SEI; Coopersmith, 1967) and the Multifactor Leadership Questionnaire (MLQ; Avolio & Bass, 2000). The SEI was designed to measure adolescents' and adults' attitudes or behavior towards the self in a variety of areas such as (family, peers, school, and general social activities). The MLQ aims to assess and determine the full range of leadership traits of the participant. The relationship between leadership traits and self-esteem was determined by using the Pearson correlational method.

Results: For leadership traits, the participants generally exhibited high levels in terms of the individualized consideration and management by exception subscales while the rest of the subscales reflected moderate levels. For self-esteem, the mean scores for the respondents generally demonstrated high levels of self-esteem ($M=74.45$). For the relationship between the leadership traits and self-esteem, no significant relationship between these two variables were found, in any of the leadership trait subscales.

Conclusion: Based on the findings generated in this study, the following conclusions can be made (1) UST collegiate martial arts practitioners put high value into individualized consideration and management by exception when it comes to their leadership traits, (2) UST collegiate martial arts practitioners generally have high levels of self-esteem, and (3) there is no significant relationship between the leadership traits and the self-esteem of UST collegiate martial arts practitioners.

Discussion: The results of the study showed that there is no significant relationship between the participants' leadership traits and levels of self-esteem. This may be attributable to several factors such as the age of the participants, their years of engagement in their martial arts disciplines, and the research instruments that were used. Modifying these factors can be good starting points for future research on the topic, which is highly recommended as this can definitely benefit the collegiate martial arts students and their coaches, researchers, physical education teachers, and those involved in sport administration and governance.

Author Information

Stewen R. Jain, <https://orcid.org/0000-0003-0042-7330>

Institute of Physical Education and Athletics, University of Santo Tomas, Manila, Philippines.

Email: rajuredashni97@gmail.com

Jan Michael Ezekiel E. Jaucian, <https://orcid.org/0000-0001-5569-3922>

Institute of Physical Education and Athletics, University of Santo Tomas, Manila, Philippines.

Email: janmichael.jaucian.ipea@ust.edu.ph

Zachary T. Huang, <https://orcid.org/0000-0002-2265-4481>

Institute of Physical Education and Athletics, University of Santo Tomas, Manila, Philippines.

Email: zacharylance.huang.ipea@ust.edu.ph

Michael David T. Lopez, <https://orcid.org/0000-0002-5560-5942>

Institute of Physical Education and Athletics, University of Santo Tomas, Manila, Philippines.

Email: mtlopez@ust.edu.ph



© 2021. This work is licensed under a CC BY-NC-SA 4.0 International license.

This is an open access article distributed under the Creative Commons Attribution License which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.